

## HEALTH & WELLBEING

### Dr Adrian Sheen Presentation

An ounce of prevention! Being one step ahead of your health is the best way to stay fit and healthy. Thin bones, high blood pressure, too much sugar - and many more problems, are all best discovered early.

Dr Adrian Sheen will be talking about health tips for both men and women to keep well, come along to the presentation on Wed 30 April from 5.30pm at the Health & Wellbeing office. Dr Sheen will also be doing checks at the Norfolk Mall today, Saturday 26 April between 10.00am – 12.00noon. For more information, contact the Health & Wellbeing team on 22687.

### Healthy cooking demo-Diabetes Date night Dinner

A very big thank you to Mary Beth for hosting the Healthy Cooking Demo on Wednesday 23 April. The food was delicious and enjoyed by all that attended. Mary Beth will be doing a series of Healthy Cooking Demo's so watch this space for the next theme and date. Thank you also to those that attended.

### WAGNI Wednesday – Nourish to Flourish

WAGNI will be holding a presentation by Karen Innes-Walker "Nourish to Flourish-Food: Gut-Brain Link". Nutritional researchers are uncovering the significance of our dietary choices on the thriving ecosystem within our gut, which subsequently impacts our overall health and wellbeing. Come along to the Knowledge & Learning Centre on Taylors Rd at 5.00pm on Wednesday 30 April.

### NI Active & Creative Kids

Exciting news! From 1 July 2025, the Health & Wellbeing team will be expanding the NI Active Kids program to include a *Creative* category. This means vouchers can be used with registered Norfolk Island providers offering creative sessions, such as painting, crafts, music, cultural activities, and more. If you're interested in becoming a provider and hosting creative sessions, we'd love to hear from you! Please get in touch with the Health & Wellbeing team by calling 22687 or emailing [healthandwellbeing@health.nlk.gov.nf](mailto:healthandwellbeing@health.nlk.gov.nf). To become a registered provider, you'll need to meet the eligibility criteria and complete a registration form.

## NOTICE OF CONSTRUCTION WORKS

NIHRACS currently has work being done inside and outside of the building, please be mindful when visiting NIHRACS and follow any instruction given.

## RESIDENTIAL AGED CARE

### Male volunteers

Are there any males in the community that would like to come after work or dinner and have a cuppa, play cards or just sit and chat with our male aged care residents? If you are interested, please call the GP clinic on 24134 to find out more.

## EMPLOYMENT

### NIHRACS Casual pool

NIHRACS has casual pool positions available for an Administration Officer AO3 and Casual Support Services Team member. If you are interested, please visit NIHRACS website <https://norfolkislandhealth.gov.nf/employment/> and click on the link for further information.

## GP CLINIC

### Hours of Operation

Monday - Friday 8.30am – 5pm

Saturday & Sunday Closed

Please call 24134 for appointments only during opening hours.

### Felicity Wiseman Psychologist

Felicity Wiseman, clinical psychologist, is available to meet with individuals experiencing mental health issues that are impacting on their wellbeing or positive mental health. Felicity will be visiting the island between 13-25 June 2025.

Felicity specialises in working with children, young people up to 25 years of age and parents. Consultations can be held at Life Without Barriers, your home, NIHRACS or NI Connect. Felicity can be contacted on 54552 (when on island), call the GP clinic for an appointment on 24134 or email Felicity directly on [contact@felicitypsychologist.com.au](mailto:contact@felicitypsychologist.com.au). Telehealth is available between on island sessions.

## AWARENESS

### Stress Awareness Month

April is Stress Awareness Month, which draws attention to the impact stress can have on our mental and physical health. At NIHRACS, we understand that stress management is crucial for well-being. Our mental health services, including visits from a child and adolescent psychologist and an adult psychiatrist, offer specialised care for stress-related concerns. Additionally, our social worker can assist in providing strategies to cope with life changes and challenges. Stress management is a vital aspect of holistic health, and we're here to help you find balance. To make an appointment, contact the GP Clinic on 22091.

## NIHRACS STAFF

- Farewell to Dr Zeli
- Welcome back to Liz Unkles, NIHRACS Manager. A very big thank you to Jodie McCoy for filling in while Liz was away
- Welcome back to Maria McCann who will be back on Monday
- Staff at the Dental Clinic would like to thank the community for their understanding and patience while they manage a high volume of appointments at this time. If calling the Dental Clinic, there will be times you may get the answer machine, please leave a message and they will get back to you when able. If you have a dental emergency, please call the hospital on 22091.

## PHONE SYSTEM

Just a reminder if contacting NIHRACS and the phone drops out, please call back, NIHRACS is continuing to work with our partners to address some issues with our phone system.